STORY COUNTY

COMMUNITY

THERAPY

OPTIONS

FALL 2021

Student Counseling Services
2223 Student Services Building, 3rd Floor
2505 Union Drive, Iowa State University
Ames, IA 50011-2030
Phone: 515-294-5056
Fax: 515-294-5205
www.counseling.iastate.edu

Compiled by ISU Student Counseling Services to assist students with finding the most appropriate therapy services in Story & surrounding counties.
TIPS FOR SCHEDULING AN APPOINTMENT WITH COMMUNITY A PROVIDER

Know your insurance information:

◊ Have a copy of your insurance card available. Photo copies of the front and back of the card are helpful in the absence of the actual card.
◊ Know what company holds the policy.
◊ Know the name of the employer.
◊ Know the date of birth of the person who carries the insurance.
◊ If you do not have access to the card or a photo, you will need the member number, policy number & the name & phone number of the insurance company. Plus the name of the employer and person carrying the policy name & date of birth.

Know what services you are seeking from the agency: individual, couples, family, intensive outpatient or group therapy. Identify the issues you would like help working through.

Verify insurance coverage:

◊ Call the customer service number on the back of your insurance card.
◊ Verify the provider you have chosen is an approved provider with your insurance company.
◊ Ask, “Do I have a deductible?” A deductible is the amount you pay for covered health care services before your insurance plan starts to pay. With a $2,000 deductible, for example, you pay the first $2,000 of covered services yourself (i.e., the whole amount for the appointments). Your insurance may also have an out-of-pocket expectation which is the amount set by your policy that provides you the maximum amount you will have to pay on your own. After you pay your deductible & out-of-pocket expenses are met, you usually pay only an office copayment.
◊ Ask, “Do I have a co-pay?” An office co-pay is your share of the costs of a health care service. It's usually figured as a percentage of the amount the insurance company allows to be charged for services. You start paying coinsurance after you've paid your plan's deductible.

Scheduling your first appointment:

◊ Call the agency and ask if they take your insurance. Have the above information available.
◊ Inquire about intake paper work and if it is best to complete it prior to coming in. Ask how you get the paper work?
◊ Talk with them about when the co-pay is due. If you cannot pay the co-pay all at once, ask if there are options for paying the co-pay in ways other than paying up front.
◊ Ask how payment is accepted (cash; check; debit or credit card).
What if I do not have insurance?

◊ There are very few agencies that offer a sliding fee scale. You will be expected to pay some toward your therapy. It can range from $5 - $70.
<table>
<thead>
<tr>
<th>Agency</th>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>STORY COUNTY PROVIDERS</strong></td>
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</tbody>
</table>
| 5th Street Mental Health Professionals  
600 5th St.,  
Ste 200  
Ames, IA  50010  
P: 515-232-2051  
F: 515-232-2775  
E: none | • Deena Cavender, LISW  
• Thomas Looney  
• Adrienne Shrader, LMHC  
• Kelly Shea, LMFT  
• Thomas & Adrienne are doing in-person sessions. | • Depression  
• Anxiety  
• Couples/Family  
• Positive Psychology  
• Grief work  
• LBGTQIA identities/ issues  
• Transgender issues/support  
• PTSD  
• Emotional Dysregulation  
• Christian Counseling  
• Substance use | • Wellmark  
• BCBS  
• Alliance Select  
• Midlands Choice  
• Coventry  
• Telemental Health & in-person for some counselors.  
• Most have openings.  
• Thomas Looney has openings & takes BCBS & UHC. | |
| Adrienne Shrader  
5th Street Mental Health Professionals  
600 5th Street,  
Ste 200  
Ames, IA  50010  
P: 515-232-2051  
F: 515-232-2775  
E: adrienne22rae@gmail.com | • Adrienne Shrader, LMHC, CADC  
• Both In-Person & Telemental Health | • Depression  
• Anxiety  
• Eating disorders  
• Relationship issues  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couple/Family  
• Substance use  
• Mental Health Assessment  
• Career Exploration  
• LBGTQIA identities/issues  
• Transgender identity/support  
• Multi-cultural issues  
• Trauma issues  
• Complex/developmental trauma  
• Adjustment/Life transition issues  
• Emotional Dysregulation  
• PTSD  
• Autism spectrum | • Wellmark  
• BCBS  
• Alliance Select  
• Health Partners  
• CIGNA  
• Medicaid  
• UBH  
• Multiplan  
• Midlands Choice  
• Health Alliance  
• Private pay  
• Private pay: $155 /hour  
• Accepting new clients for Telemental Health. | |
<table>
<thead>
<tr>
<th>Agency</th>
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<th>Services</th>
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<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| **Ames Counseling & Psychological Services**  
3600 Lincoln Way, Ste 4  
Ames, IA  50014  
P: 515-239-4410  
F: 515-663-4885  
E: info@amespsych.com  
Website:  
www.amespsych.com | • Beth Wagner, LISW  
• Ken Israel, Ph.D.  
• Michael Lelwica, Psy. D.  
• Ken Dodge, PhD  
• Amanda Robinson, LISW  
• Clifford Barta, M.S., Licensed Psychologist  
• Jamie Dunn, LMHC  
• Lilly Peterson-Williby, LISW  
• James Donaldson, Ph.D.  
• Benjamin Erbes, Psy.D  
• Lisa Griffith, RN, LMHC  
• Evan Buikema, Psy. D | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Couple/Family issues  
• Substance use  
• Career Exploration  
• LGBTQIA identities/issues  
• Neuro-psychological Assessments  
• Transgender identity/issues  
• Multi-cultural issues  
• Trauma issues  
• Complex/Developmental trauma  
• Psychological assessment  
• Adjustment/Life transition  
• Emotional Dysregulation  
• PTSD  
• Autism Spectrum  
• Christian Counseling | • Wellmark  
• BCBS  
• Alliance Select  
• Health Partners  
• Medicare  
• UBH  
• Tri-Care (out of network but will accept assignment)  
• Health Alliance  
• Midland’s Choice (includes Medica, Health Partners, Preferred One Administrators, UMR, Preferred Health, call for others) | • James Donaldson speaks fluent Spanish  
New clients accepted in May or June. They work off a cancellation list and try to move clients forward as availability allows. |
| **Ames Counseling Center**  
2515 University Blvd., Ste 106  
Ames, IA  50010  
P: 515-233-8473  
F: 515-233-5810  
E: inquiry@amescounselingcenter.com  
W:  
www.amescounselingcenter.com | • Bing Wall, PhD, LMFT  
• Carol Caskey, MS ED, LMSW  
**Telehealth only**  
CBT  
IFS  
Grief/Loss  
Men & women’s issues  
Attachment based  
EFT  
Person-centered  
SFBT | • Christian Counseling  
• Couples/Family  
• Depression  
• Anxiety  
• Self-esteem  
• Career exploration  
• Disordered eating  
• Academic/work performance  
• Substance use  
• Trauma/PTSD  
• Life Adjustments  
• OCD  
• Relationships  
• Sex Therapy  
• Process Addictions | • Wellmark  
• BCBS  
• Private Pay - $180/session | Accepting new clients |
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<tr>
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</thead>
</table>
| Ames Mind Body Center  | Ian Nelson-Johnson, Psy. D.  Kate Van Pay, PhD  
Kate has training in EMDR Mindfulness | Depression  Anxiety  Men's issues  Women's issues  Relationship distress  Grief & Loss  LBTGQIA identified/issues  Career Exploration  Stress management  Issues of diversity & inclusion  Disordered eating  Identity Development  Transgender issues/support  Self-esteem  Family of Origin issues  Trauma  Issues of diversity & inclusion  PTSD  Emotional dysregulation | Wellmark BCBS  Private Pay - $165  No sliding fee scale.  
Kate’s waiting period is 2-4 weeks telehealth & 4-6 weeks in person.  
Not willing to see clients who are at daily risk of suicide or homicide (plan & intent both present; suicide within the last month); psychosis; presence of hallucinations or delusions; severe disordered eating, severe substance abuse; multiple hospitalizations | Wait Times: 2-3 months |
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<thead>
<tr>
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</tr>
</thead>
</table>
| Ames Psychological Wellness Center 3510 Lincoln Way, Suite 300, Ames, IA 50014 | • Nichole Olson, PhD  
• Courtney Clippert-Treadwell, PhD  
• Whitney Statham, PhD  
• Mary Nii Munteh, PhD  
• Kristen Sievert, PhD  
• Jill Jordahl-Ball, Psy. D  
• Kaitlyn McDonald, LMHC  
• Izzy Tenbrook, PhD  
• Carmen Tebbe Pribe, PhD  
• In-office & Telemental health for Assessment  
• Telehealth for counseling | • Depression  
• Anxiety  
• Healing from trauma or abuse (verbal, physical, and/or sexual)  
• PTSD  
• Complex/Developmental Trauma  
• Relationship or family concerns  
• Disordered Eating  
• Body image and eating concerns  
• Substance abuse  
• Grief and loss  
• Career exploration  
• Identity exploration  
• LBGTQIA issues  
• Transgender issues  
• Experiences of discrimination or oppression  
• Life adjustments/transitions  
• Difficulties with self-esteem or self-confidence  
• Stress management  
• Emotional Dysregulation  
• Personality Disorders  
• OCD  
• Bipolar Disorder  
• Autism Spectrum  
• Psychological Assessment – ADHD; LD & other mental health concerns | • Wellmark  
• BCBS  
• Alliance Select  
• Private Pay – see website for specifics  
• Accepts payments for all out-of-network mental health benefits except Medicaid & Medicare. | Currently no availability for counseling appointments. The “waitlist is long.”  
* NO SLIDING FEE SCALE.  
Wait times:  
* Therapy 16 weeks  
Possible to get clients on the waitlist for newer counselors  
* Assessment – initial appt. usually within 8 - 10 weeks |
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</thead>
<tbody>
<tr>
<td>Amy Kuehl Clinical Associates of Ames</td>
<td>• Amy Kuehl, LISW</td>
<td>• Depression • Anxiety • Relationships • Self-esteem • Stress Management • Couples/Family issues</td>
<td>• Wellmark BCBS • Alliance Select • United Healthcare • Health Partners • CIGNA • Medicaid • Medicare • AETNA</td>
<td></td>
</tr>
<tr>
<td>600 5th Street, Ste 201 Ames, IA 50010</td>
<td></td>
<td>• LGTQIA Identities/Support • Trauma • Complex/Developmental Trauma • Emotional Dysregulation • PTSD • Christian counseling</td>
<td>• First Administrator • Tri-Care • Coventry • Multi-plan • Midland’s Choice • Health Alliance • Sliding Fee scale</td>
<td></td>
</tr>
<tr>
<td>P: 515-520-1896 F: 515-292-5044 E: <a href="mailto:amykuehl@live.com">amykuehl@live.com</a></td>
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</thead>
<tbody>
<tr>
<td>ATC Ames Therapy &amp; Consulting Services, PC 1103 Buckeye Ave., Ste 104 Ames, IA 50010</td>
<td>● Terry Augsberger, MD, psychiatrist (consultant)  ● Dr. Amy Mooney, PhD. LMHC, NCC, ACS  ● Vincent Marziano, PhD, LP, Licensed Psychologist, DSM office  ● Shatai Joiner, LMHC, CADC  ● Anna Sposeto, MS, NCC, CADC TLMHC  ● Aryn Grywusiewicz, MS, NCC, tLMHC  ● Cori Uitermarkt, MS, tLMHC  ● Kelsey York, Practicum/Intern</td>
<td>● Depression  ● Anxiety  ● Self-esteem  ● Relationships  ● Grief work  ● Academic/work performance  ● Career Exploration  ● Stress Management  ● Couples/family issues  ● Multi-cultural issues  ● Trauma issues  ● Complex /developmental trauma  ● Substance abuse  ● LBGTQIA issues  ● Transgender issues  ● Issues of Diversity &amp; Inclusion  ● Emotional Dysregulation  ● Personality Disorders  ● OCD  ● Bipolar Disorder  ● Psychological assessment  ● Adjustment/life transitions  ● PTSD  ● Chronic pain group  ● Free Anxiety &amp; Depression screening  ● Psychological Assessment - NOT ADHD testing  ● CBT  ● EMDR  ● DBT  ● Grief/Loss  ● Women’s Issues  ● Mindfulness</td>
<td>● Wellmark  ● BCBS  ● UBH  ● United Healthcare  ● UMR  ● CIGNA  ● Midland’s Choice  ● Health Alliance  ● Medica  ● Health Partners  ● Federal VA DSM &amp; Iowa City  ● State of Iowa EFR  ● Private pay $75 - $100</td>
<td>● Same day call-back  Private pay: $40 ISU students w/ counseling interns  $50 non-student counseling w/ intern  Hours: M,T&amp;Th: 9-5  Wed: 10-7  Fri: 8-3  Appointments available in Ames &amp; DSM  Waitlist about 2-4 weeks (updated 09/09/2021)</td>
</tr>
<tr>
<td>W: <a href="http://www.amestherapy.com">www.amestherapy.com</a></td>
<td>Des Moines Therapy &amp; Consulting Services, PC 2501 Westown Parkway, Ste 120 Des Moines, IA 50266</td>
<td></td>
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<tr>
<td>P: 515-635-0213 or 515-635-0213  F: Use the Ames fax #</td>
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</tbody>
</table>
| Catholic Charities 2210 Lincoln Way Ames, IA 50014 | - Lisa Turner, LMFT  
- Sarah Thomas, LMHC | - Depression  
- Anxiety  
- Relationships  
- Self-esteem  
- Stress Management  
- Couples/Family  
- Substance abuse  
- Personality disorders  
- Bi-Polar DO  
- Trauma  
- Complex/Developmental Trauma  
- Adjustment/Life Transitions  
- Emotional Dysregulation  
- PTSD  
- OCD | - Wellmark  
- BCBS  
- Alliance Select  
- United Healthcare  
- UBH  
- CIGNA  
- Midland’s Choice  
- UMR | - Medicaid – Iowa Total Care  
- Medicaid - Amerigroup  
- Sliding fee scale for uninsured clients (Lowest fee $20)  
- 4-month wait for in-person  
- 2-3 weeks for telehealth  
- Not accepting new clients in Ames at this time.  
- Wait-time is 4 months for Ames. Telehealth with counselors from Catholic Charities areas – 4-8 week wait. |
|                    | - In-person & Telemental Health sessions | DBT  
Grief & Loss  
CBT  
EMDR  
Faith-based  
IFS  
Men’s Issues  
Women’s Issues  
Family-of-Origin  
Mindfulness |  |
|                    | - Trauma  
Complex/Developmental Trauma  
Adjustment/Life Transitions  
Emotional Dysregulation  
PTSD  
OCD |  |
|                    | - Wellmark  
BCBS  
Alliance Select  
United Healthcare  
UBH  
CIGNA  
Midland’s Choice  
UMR |  |
|                    | - Medicaid – Iowa Total Care  
Medicaid - Amerigroup  
Sliding fee scale for uninsured clients (Lowest fee $20)  
4-month wait for in-person  
2-3 weeks for telehealth |  |

Lisa Turner, LMFT  
Sarah Thomas, LMHC  
Lisa Turner@dbqarch.org  
Sarah Thomas@dbqarch.org  
www.catholiccharitiesdbq.org
<table>
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</table>
| Central Iowa Psychological Services | • Warren Phillips, PhD  
• Lu Klatt, LISW  
• Robin Schinnow, LISW  
• Anthony Santiago, PhD  
• Maggie Doyle, PhD  
• Jessica Miller-Lange, Psy D  
• Lily Mathiason, PhD | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Academic/work performance  
• Stress Management  
• Couples/  
• Family  
• Autism spectrum  
• ADHD assessments  
• CBY  
• EMDR  
• HYPNOSIS  
• DBT  
• GRIEF/LOSS  
• ACT  
• MEN'S ISSUES  
• WOMEN'S ISSUES  
• FAMILY ISSUES  
• IFS  
• MINDFULNESS  
• IDENTITY  
• DEVELOPMENT | • Substances  
• LGTQIA identities/issues  
• Transgender issues  
• Multi-cultural  
• Adjustment/Life Transitions  
• Trauma  
• Emotional Dysregulation  
• PTSD | "VERY LIMITED AVAILABILITY AS OF 08/10/21. |
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</table>
| Clear Brook Counseling | • Kim Pontius, LMHC, CDP  
• Valerie Stubbs, LMFT, CADC, CCH, Hypnotist – Ankeny only  
• Thomas Patterson, LISW, CADC  
• Samantha Snovelle, LMHC  
• Hilary Johnson, LMHC  
• Amber Jointer, LMSW  
• John McDonald, LISW  
• Leisha Ristau, LISW  
• Paul Johnson, LMHC  
• Daniel Chavarria, LMHC (Bilingual in Spanish)  
• Delphine Weiss, LMSW  
• Missy Hirsch, LMSW - Ankeny  
• Melissa Lohmann, LMHC | • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief Work  
• Academic/Work Performance  
• Couples/Family  
• Substance use  
• Hypnosis – Weight loss/smoking cessation  
• Career Exploration  
• LBGTQIA Identities/issues  
• Transgender Identity/support  
• Trauma Issues  
• Complex/Developmental trauma  
• Adjustment/Life transitions  
• PTSD  
• Christian Counseling | • Wellmark BCBS  
• BCBS  
• EAP  
• Some providers take Medicaid Amerigroup  
• DO NOT take Iowa Total Care Medicaid  
• DO NOT take United Healthcare  
• Private pay - $150 | Taking new clients – currently doing Telemental Health and in-office appointments. Telehealth is offered by all counselors. Amerigroup clients may take longer to schedule as those therapists are often at their max for Medicaid. |

**Kim Pontius is licensed in Iowa, Oklahoma & Missouri**

CAUTION: If they are scheduling be sure to ask if it will be weekly appts. Or if they are filling-in a cancelation & it will be weeks before they can get back in.

In-office & Telemental Health appts. Offered.
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<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>Community &amp; Family Resources</td>
<td>Jack Dodd, MD Christel Rinehart, ARNP Maria Mallarino, USW Madeline Rivera, TLMHC Kylie Hepp, LMSW Nikki Banes, CDAC Kelly Sinclaire-Jordan, IADC Brittany Rice, IADC</td>
<td>Depression Anxiety Relationship Issues Self-esteem Grief work Academic/work performance Stress Management Couples/family issues Career exploration LGBTQIA identities/issues Transgender identities/support Issues of diversity &amp; inclusion Bi-Polar DO ADHD assessments</td>
<td>Wellmark BCBS BCBS Alliance Select United Healthcare Health Partners CIGNA AETNA Medicaid (Amerigroup &amp; Iowa Total Care) Medicare UBH Midlands Choice</td>
<td>Tri-Care Coventry Multiplan Midlands Choice First Administrators UMR Health Alliance Preferred One Sliding fee scale Private pay</td>
</tr>
<tr>
<td></td>
<td>CBT EMDR (Oct) ADHD Assessment Grief &amp; Loss Men’s Issues Women’s issues FOO issues IFS Mindfulness Identity Development</td>
<td>Multi-cultural issues Trauma Complex/Developmental trauma Psychological assessment Adjustment/Life Transitions Emotional Dysregulation PTSD Medication Management Substance use/abuse addictions/impulse control (i.e., gambling, OCD, sexual addictions, etc.)</td>
<td></td>
<td>- Return call w/in 24 hours - Mental health wait: 3-5 days - Substance Abuse: same day evaluations - Sliding scale for both substance abuse &amp; mental health for uninsured and underinsured students.</td>
</tr>
<tr>
<td></td>
<td>Will Not SEE violent clients</td>
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<td></td>
<td>Current counseling appointments available</td>
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<tr>
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<td></td>
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<td></td>
<td>Same Day Access Evaluations: Tues., 10:00 am to 3:00 pm Thurs., 2:00 pm to 6:00 pm Friday, 9:00 am to 12:00 noon Saturday, 9:00 am to 12:00 noon.</td>
</tr>
</tbody>
</table>

- In-person & Telemental health appts.
- Access & complete the intake forms in the client portal found at [www.cfrhelps.org](http://www.cfrhelps.org)
<table>
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</table>
| Compass Tree Counseling  
600 5th St.,  
Ste 300  
Ames, IA 50010  
P: 515-233-3971  
F: 877-522-5014  
E: reception@compasstree.org  
Website: www.compasstree.org | • Martha Norton, LMHC, IAADC  
• K.C. Moore, LISW  
• Elaine O'Neal, LISW  
• April Falzone, LMHC  
• Sheryl Frye, LISW  
• Melissa Joshe, LISW, LCSW  
• Tricia Simmons, LMHC  
• Josh Vander Zwag, LMSW  
• Generally 1 prac students  
All clinicians are trained in trauma - EMDR  
Martha has worked with military, Substance abuse; Eating Disorders, comorbid, DID; transgender clients | • Trauma – EMDR - Sensorimotor  
• Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief work  
• Academic or work performance  
• Stress Management  
• Couples/family issues  
• Substance use  
• Career exploration  
• LBGTQIA Identities/issues  
• Transgender identity/support  
• Multi-cultural issues  
• Complex/developmental trauma  
• Psychological assessment  
• Adjustment/Life transitions  
• Emotional dysregulation  
• PTSD  
• Autism spectrum | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid Amerigroup & Iowa Total Care  
• Medicare  
• AETNA  
• UBH  
• Tri-Care  
• Private pay | • Can call front desk (515-233-3971) or complete on-line intake form to get started.  
• New client bio is completed online on website. Password is compasstree llc  
• Weekly team meetings on Wednesday to check on who is waiting for a contact.  
Private Pay:  
• Licensed: $100 |
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<tbody>
<tr>
<td>Connecting Foundations</td>
<td>Pam Caviness, LISW, ACSW</td>
<td>Depression</td>
<td>Wellmark BCBS</td>
<td>Private pay: $235 for initial intake $175 per hour</td>
</tr>
<tr>
<td></td>
<td>Ann McCrea, LISW, ACSW</td>
<td>Anxiety</td>
<td>BCBS</td>
<td>Wait for Pam is 1-2 weeks.</td>
</tr>
<tr>
<td></td>
<td><strong>Only Telemental Health thru 02/2021</strong></td>
<td>Relationships</td>
<td>United Healthcare</td>
<td>Wait for Ann is 5-7 weeks.</td>
</tr>
<tr>
<td></td>
<td>CBT</td>
<td>Self-esteem</td>
<td>Medicaid – Iowa Total Care</td>
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<tr>
<td></td>
<td>EGO State Approaches</td>
<td>Grief/Loss work</td>
<td>AETNA</td>
<td></td>
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<td></td>
<td>Mindfulness</td>
<td>Career Exploration</td>
<td>UBH</td>
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<tr>
<td></td>
<td><strong>No clients with personality disorders or Psychotic Disorders</strong></td>
<td>Stress Management</td>
<td>Private pay: $235 Intake; $174/session (60 min.)</td>
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<td></td>
<td></td>
<td>Women’s issues</td>
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<td></td>
<td></td>
<td>LGTQIA Identities/issues</td>
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<td>Transgender Identity/support</td>
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<td></td>
<td>Adjustment/Life transitions</td>
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<td></td>
<td>Academic/Work Performance</td>
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<td>Trauma</td>
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<td></td>
<td></td>
<td>PTSD</td>
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<td></td>
<td></td>
<td>Family-of-origin issues</td>
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<td></td>
<td></td>
<td>Women’s issues</td>
<td></td>
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<tr>
<td>Cornerstone Counseling Center</td>
<td>Steve Jones, MA</td>
<td>Abuse</td>
<td></td>
<td>Current openings – only Telemental Health at this time.</td>
</tr>
<tr>
<td></td>
<td>Ed Ruppert, LISW</td>
<td>Addictions</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Anthony Santiago, PhD, LMFT</td>
<td>Adjustment Disorders</td>
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<tr>
<td></td>
<td>Warren Jacobs, LMFT</td>
<td>ADD/ADHD</td>
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<tr>
<td></td>
<td>Steve Bohlen, LMHC</td>
<td>Disordered Eating</td>
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<tr>
<td></td>
<td>Elizabeth Herrington, LMHC</td>
<td>Mood Disorders</td>
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<tr>
<td></td>
<td>Holly Lukasiewicz, LISW</td>
<td>Sexual issues</td>
<td></td>
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<td></td>
<td>Taya Amundson, LISW</td>
<td>PTSD</td>
<td></td>
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<tr>
<td></td>
<td>Katie Blair, temporary license</td>
<td>Loss/grief</td>
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<td>Dissociative Disorder</td>
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<td>Relationships</td>
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<td></td>
<td>Family issues</td>
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<td></td>
<td></td>
<td>Career Counseling</td>
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<td>Spiritual issues</td>
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<td>Faith-based Counseling</td>
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<td>Services</td>
<td>Insurance/Payment</td>
<td>Wait time for appointment / Other Comments</td>
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</tbody>
</table>
| Creative Counseling Services  
208 5th St.  
Ste 103  
Ames, IA  50010  
P: 515-233-1699  
F: 515-233-2957  
E: svela@ccsames.org  
W:  
“All populations welcome.” | • Amy Hawcott, LMFT  
• Stephanie Vela, LMHC, CADC  
In-office & Telehealth appointments available.  
CBT  
EMDR  
Mindfulness  
Substance abuse/use | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress  
• Management  
• Couple/Family  
• Substance use  
• Process addictions  
• Career Exploration | • Wellmark BCBS  
• BCBS  
• Medicaid – Iowa Total Care  
• Medicaid - Amerigroup  
• Private pay: Intake - $175  
Therapy sessions - $150 (45 min)  
Sub. Abuse intake - $125  
SA counseling - $110 (45 min) | • Doing substance abuse evaluations  
2-4 week wait |
<table>
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<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crossroads Counseling</td>
<td>B. Ann Kennedy, PhD, LMFT</td>
<td>Depression, Anxiety, Eating disorders, Relationships, Self-esteem, Academic/work performance, Couples/family issues, Career exploration, LGBTQ identities/issues, Transgender identities/suppor...</td>
<td>Wellmark BCBS, BCBS, Alliance Select, United Healthcare, CIGNA, AETNA, UBH, Military One Source, Coventry Multiplan, Midlands Choice, Health Alliance, Health Partners, First Administrators, Preferred One, Multi-Plan, MHNet, UMR, Private Pay - $150/session</td>
<td>Appointments within 1 week. Current Availability No sliding fee scale.</td>
</tr>
<tr>
<td>Cultivate Wellness</td>
<td>Kristten Buttermore, LMHC</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Stress Management, Trauma, Complex/Develop mental trauma, Couple/Family, Career Exploration</td>
<td>BCBS Private pay - $175/hr $200 initial assessment</td>
<td>Currently taking new clients. * Offering both in-office and Telemental Health No sliding fee scale.</td>
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Not seeing clients who have a current suicidal method available.
<table>
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<tr>
<th>Agency</th>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
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</thead>
</table>
| Deena Cavender, LISW  
5th Street Mental Health Professionals  
600 5th St.,  
Ste 200  
Ames, IA 50010  
P: 515-232-2051  
F: 515-232-2775  
E: deenacavender@gmail.com  
W: www.5thstreetmhp.com | • Deena Cavender, LISW  
CBT  
INTERNAL FAMILY SYSTEMS  
GRIEF & LOSS  
ACT  
WOMEN’S ISSUES  
FAMILY-OF-ORIGIN CONCERNS  
MINDFULNESS  
IDENTITY DEVELOPMENT | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Stress  
• Management  
• Couples/Family  
• LBGTQIA issues  
• Trauma/PTSD  
• Complex/Developmental Trauma | • Wellmark BCBS  
• BCBS  
• United Healthcare  
• Medicaid - Amerigroup & Iowa Total Care  
• Medicare  
• Multiplan  
• Midlands Choice  

Telemental health services only | Possible openings  
Does NOT see sex offenders  
Will write ESA letters for established clients only. |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Elizabeth Wade  
2613 Northridge Parkway, Ste 105  
Ames, IA 50010  
P: 515-450-2191  
F: none  
E: elizabeth@amescounseling.com  
W: www.amescounseling.com  
• Elizabeth Wade, LMHC, EMDRIA Certified  
  Currently only Telemental Health Appointments  
  CBT  
  EMDR  
  ACT  
  Mindfulness  |
| • Depression  
• Anxiety  
• Eating Disorders  
• Relationships  
• Self-esteem  
• Grief/loss work  
• Stress management  
• Chronic/terminal illness  | • Trauma issues  
• Complex & developmental trauma  
• Adjustment/life transitions  
• Emotional dysregulation  
• PTSD  | • Wellmark BCBS  
• Private pay  | • “I am usually full. If there is someone needing EMDR for trauma, their therapist is welcome to contact me to discuss case.  
Private Pay: $150/session  
NO clients with extensive suicidal ideation (plan, intent or history of attempts); no clients currently in crisis.  |
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/ Therapists</th>
<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment / Other Comments</th>
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</thead>
<tbody>
<tr>
<td>Eyerly Ball Community Mental Health Services 2521 University Blvd, Ste 121 Ames, IA 50010 P: 515-598-3300 F: 515-292-2624 E: none identified</td>
<td>• Melinda Wadsley, LMHC  • John Morrow, LISW  • Tim Payton, LMHC  • Marshall Abbe, LMSW  • Marsha Ring, ARNP  • Veronica Holloway, ARNP, PMHNP-BC</td>
<td>• Depression  • Anxiety  • Self-esteem  • Grief work  • Stress management  • Medication management  • Substance use  • LGBTQIA ISSUE  • Transgender identity/support  • Trauma issues  • Psychological assessment  • Adjustment/life transitions  • Emotional dysregulation  • PTSD</td>
<td>• Wellmark BCBS  • Alliance Select  • United Healthcare  • Medicaid  • Medicare  • Tri-Care  • Coventry  • Midlands Choice  • Sliding Fee Scale – county funding  • Private pay</td>
<td>• Walk-in Clinic only on Wed. &amp; Thur. from 9:00 am - Noon  • Cancelation policy – must cancel within 48 hours of appointment  • Appointment reminders sent 48 hours in advance  • Must bring a form of ID and current insurance card  • Walk-in is first come first serve – no guarantee you will be seen that day. Will have to come back the next Thursday.</td>
</tr>
<tr>
<td>Agency</td>
<td>Counselors/ Therapists</td>
<td>Services</td>
<td>Insurance/ Payment</td>
<td>Wait time for appointment / Other Comments</td>
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</tr>
<tr>
<td>Firm Foundations Counseling Center 600 5th St., Ste 304 Ames, IA 50010</td>
<td>Ron Stubbs, LMFT</td>
<td>Depression, Anxiety, Relationships, Self-esteem, Grief work, Academic/work performance, Stress Management, Couples/Family, Christian Counseling</td>
<td>Wellmark BCBS, AETNA, Sliding fee scale</td>
<td></td>
</tr>
<tr>
<td>Harmony Therapy Services 515 Grand Avenue, Ste 104, Ames, IA 50010</td>
<td>Kelsi Macek, LMFT</td>
<td>Individual, Couples, Family</td>
<td>BCBS, United Healthcare, TriCare, Private pay</td>
<td></td>
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<tr>
<td>Agency</td>
<td>Counselors/Therapists</td>
<td>Services</td>
<td>Insurance/Payment</td>
<td>Wait time for appointment / Other Comments</td>
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<tr>
<td>Heartland Mental Health Therapy</td>
<td>• John McInerney, LISW, CADC</td>
<td>• Depression</td>
<td>• Wellmark BCBS</td>
<td>Will call the client back within 24 hours</td>
</tr>
<tr>
<td></td>
<td>*Offers both mental health &amp; chemical dependency evaluation/assessment</td>
<td>• Anxiety</td>
<td>• BCBS</td>
<td>Schedule client on his website.</td>
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<tr>
<td></td>
<td>CBT</td>
<td>• Eating Disorders</td>
<td>• Alliance Select</td>
<td>Sliding Fee Scale $30-$150.</td>
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<td>EMDR</td>
<td>• Relationship issues</td>
<td>• United Healthcare</td>
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<tr>
<td></td>
<td>FAITH-BASED</td>
<td>• Self-esteem</td>
<td>• Medicaid - Amerigroup &amp; Iowa Total Care</td>
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<tr>
<td></td>
<td>SENSORI-MOTOR</td>
<td>• Grief work</td>
<td>• Medicare</td>
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<tr>
<td></td>
<td>INTERNAL FAMILY SYSTEMS</td>
<td>• Academic/work performance</td>
<td>• AETNA</td>
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<tr>
<td></td>
<td>ADHD/ADD ASSESSMENTS</td>
<td>• Stress Management</td>
<td>• CIGNA</td>
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<td></td>
<td>Ed TX</td>
<td>• Couples/Family</td>
<td>• UBH</td>
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<tr>
<td></td>
<td>GRIEF &amp; LOSS</td>
<td>• Substance use</td>
<td>• Midlands Choice</td>
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<tr>
<td></td>
<td>ACT</td>
<td>• OCD</td>
<td>• Tri-Care</td>
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<td></td>
<td>MEN’S ISSUES</td>
<td>• Bipolar disorder</td>
<td>• Health Alliance</td>
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<td>• Health Partners</td>
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<td></td>
<td>FAMILY–OF-ORIGIN</td>
<td></td>
<td>• Coventry</td>
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<td>MINDFULNESS</td>
<td></td>
<td>• MHNet</td>
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<td>SUBSTANCE USE</td>
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<td>• UMR</td>
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<tr>
<td></td>
<td>PROCESS ADDICTIONS</td>
<td></td>
<td>• Sliding scale $25 - $135</td>
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<td></td>
<td></td>
<td></td>
<td>• Private pay - $135 - $250</td>
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<td></td>
<td>Will do ESA letter but client must do an intake prior to him writing a letter.</td>
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<td></td>
<td>Student should make sure their insurance covers an intake with no additional</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>services.</td>
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</table>

Will do ESA letter but client must do an intake prior to him writing a letter. Student should make sure their insurance covers an intake with no additional services.
<table>
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<tr>
<th>Agency</th>
<th>Counselors/ Therapists</th>
<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment / Other Comments</th>
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<tr>
<td>Innovative Counseling &amp; Consulting</td>
<td>Abigail Doerder, LMSW</td>
<td>Depression Anxiety Self-esteem Grief, Loss, Loneliness Career Conflicts Addictions Communication</td>
<td>Medicaid BCBS CIGNA Health Partners AETNA Midland’s Choice UMR Check on others UHC</td>
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<tr>
<td>511 Duff Avenue</td>
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<td>Ames, IA 50010</td>
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<tr>
<td>P: 515-235-5224 E: <a href="mailto:byronjarrettsr@gmail.com">byronjarrettsr@gmail.com</a></td>
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<tr>
<td>Fax: 866-672-0706</td>
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<tr>
<td>Jessica Hoy Counseling</td>
<td>Jessica Hoy, LMFT, CADC</td>
<td>Depression Anxiety Self-esteem Grief, Loss, Loneliness Career Conflicts Addictions Communication</td>
<td>Medicaid BCBS                   CIGNA Health Partners AETNA Midland’s Choice UMR Check on others UHC</td>
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<tr>
<td>619 Elm St., Suite 2</td>
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<tr>
<td>Story City, IA 50248</td>
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<tr>
<td>P: 515-520-2257 F: 515-733-6602 E:</td>
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<tr>
<td><a href="mailto:JESSICA@JESSICAHOYCOUNSELING.com">JESSICA@JESSICAHOYCOUNSELING.com</a> W:</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.jessicahoycounseling.com">www.jessicahoycounseling.com</a></td>
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<tr>
<td>Joann Seeman-Smith</td>
<td>• Joann Seeman Smith, PhD, LMHC&lt;br&gt;Joann also has an office in Grimes, IA.</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Grief work&lt;br&gt;• Academic/work&lt;br&gt;• Management&lt;br&gt;• Couples/Family</td>
<td>• Wellmark BCBS&lt;br&gt;• Alliance Select&lt;br&gt;• Private Pay</td>
<td>Private Pay: Initial appointment&lt;br&gt;$200&lt;br&gt;1 hr. Session&lt;br&gt;$180</td>
</tr>
<tr>
<td>2515 University Blvd, Ste 102</td>
<td></td>
<td>• Trauma issues&lt;br&gt;• Complex/Developmental trauma&lt;br&gt;• Adjustment/Life Transitions&lt;br&gt;• PTSD&lt;br&gt;• Emotional Dysregulation&lt;br&gt;• Autism Spectrum</td>
<td></td>
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<tr>
<td>Ames, IA 50010</td>
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<tr>
<td>P: 515-451-0657</td>
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<tr>
<td>F: none</td>
<td></td>
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<tr>
<td>E: <a href="mailto:dr.joannss@gmail.com">dr.joannss@gmail.com</a></td>
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<tr>
<td>Joyce Davidson, PhD</td>
<td>• Joyce Davidson, PhD, HSP</td>
<td>• Depression&lt;br&gt;• Anxiety&lt;br&gt;• Relationships&lt;br&gt;• Self-esteem&lt;br&gt;• Body Image&lt;br&gt;• Stress Management&lt;br&gt;• Couples/Family&lt;br&gt;• LBGTQIA Identities/Issues</td>
<td>• Wellmark&lt;br&gt;• BCBS&lt;br&gt;• UHC</td>
<td>Current openings –&lt;br&gt;Telemental Health only for now</td>
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<tr>
<td>2515 University Blvd., Suite 102</td>
<td></td>
<td>• Transgender Identity/support&lt;br&gt;• Multi-cultural issues&lt;br&gt;• Trauma&lt;br&gt;• Complex/Developmental Trauma&lt;br&gt;• Adjustment/Life Transitions&lt;br&gt;• Emotional Dysregulation&lt;br&gt;• PTSD&lt;br&gt;• Autism Spectrum</td>
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<td>Ames, IA 50010</td>
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<tr>
<td>P: 515-451-3895</td>
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<td>F: 515-598-7800</td>
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<tr>
<td>E: <a href="mailto:jad7grands@gmail.com">jad7grands@gmail.com</a></td>
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</tr>
</tbody>
</table>
| Kavanaugh Counseling & Consulting  
208 5th Street, Suite 104  
Ames, IA 50010  
P: 515-661-4210  
F: none provided  
E: shane@kccames.org | Shane Kavanaugh, LMHC  
- Currently Telemental Health  
- EMDR Trained  
CBT  
EMDR |  
- Depression  
- Anxiety  
- Relationships  
- Gender/Sexuality/identity  
- Academic/work performance  
- Stress Management  
- Couples/Family  
- LBGTQIA Identities/Issues  
- Transgender issues  
- Body Image  
- Trauma  
- Self-esteem  
- Career Exploration  
- Substance abuse  
- Issues of diversity & inclusion  
- Life Adjustments  
- Emotional Dysregulation  
- Personality Disorders  
- Process Addictions  
- Identity Development |  
- Wellmark BCBS  
- BCBS  
- UHC  
- UBH  
- AETNA  
- TRI-CARE  
- Private Pay |
<table>
<thead>
<tr>
<th>Agency</th>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
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</thead>
</table>
| Kelly Shea  
5th Street Mental Health Professionals  
600 5th St., Ste 200  
Ames, IA 50010  
P: 515-232-2051  
F: 515-232-2775  
E: therapistshea@gmail.com  
W: www.5thstreetmhp.com  | • Kelly D. Shea, LMFT  
- Telemental Health only  
CBT  
DBT  
Grief/Loss  
Women’s issues  
Family of origin concerns  
Mindfulness  
Identity Development  | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Stress  
• Management  
• Couples/Family issues  
• Issues of diversity & inclusion  
• LBGTQIA Identities/Issues  
• Career Exploration  
• Disordered eating  
• Academic/work problems  
• Transgender Identity/Support  
• Multi-cultural issues  
• Trauma issues  
• Complex/Developmental Trauma  
• Adjustment/Life Transitions  
• Emotional Dysregulation (emotional/compulsive eating)  
• PTSD/Trauma  
• OCD  
• Bipolar Disorder  | • Wellmark BCBS  
• BCBS  
• Health Partners  
• United Healthcare  
• United Behavioral Health  
• TriCare  
• Medicaid – Iowa Total Care & Amerigroup  
• Midland’s Choice  
• Private pay - $175 intake  
$150 for intake appointment  
• EAP for EFR & Mutual of Omaha  | Private Pay:  
Initial intake $175  
Individual $150  
Couples/Family $120  
Call the main office to schedule. Will need to come in to the office to do the paperwork.  
No sliding scale available.  |
| Linda Feldman  
Clinical Associates of Ames  
600 5th St., Suite 201  
Ames, IA 50010  
P: 515-520-4369  
F: 515-292-5044  
E: lindafeldmanlisw@gmail.com  | • Linda Feldman, LISW  
- CBT  
Mindfulness  
Psychodynamic  | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couples/family issues  
• LBGTQIA  
• Multi-cultural issues  
• Trauma issues  
• Adjustment/life transitions  
• PTSD  
• Grief/Loss  
• Women’s issues  
• Family-of-origin issues  | • Wellmark BCBS  
• BCBS  
• Alliance Select  
• Medicare  
• UBH  | • Usually 2-3 week  
• Return call w/in 24 hours  |

Be sure to specify if client needs every week or EOW.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Lutheran Services in Iowa | • Renae Van Der Linden | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress management  
• Couples/family  
• Career exploration  
• LBGTQIA identities/issues  
• Multi-cultural issues  
• Trauma issues  
• Complex & developmental trauma  
• Adjustment/Life transitions  
• Emotional dysregulation  
• PTSD  
• Christian counseling  | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• CIGNA  
• Medicaid  
• AETNA  
• UBH  
• FIRST Administrator  
• Tri-Care  
• Coventry  
• Multiplan  
• Midlands Choice (only if secondary insurance)  
• Private pay  | No information given about sliding scale or private pay. |
| Millennial Therapy        | Danielle Wayne, LISW  | ◊ Cognitive Behavioral Therapy (CBT)*  
◊ Mindfulness-based Cognitive Behavioral Therapy (MBCT)  
◊ Mindfulness  
◊ Acceptance and Commitment Therapy (ACT)*  
◊ Exposure and Response Prevention (ERP)*  
◊ Eye Movement Desensitization and Reprocessing (EMDR)  
◊ Exposure Therapy  | ◊ LBGTQIA affirming  
◊ Positive Psychology  
◊ Rational Emotive Behavioral Therapy (REBT)  
◊ Strength-Based  
◊ Trauma Focused  | No insurances accepted.  
Free consultation appointment prior to starting counseling. |

Millennial Therapy
P: 208-371-7213
E: danielle@millennialtherapy.com
W: https://www.millennialtherapy.com

Danielle is licensed in Iowa, Idaho and North Dakota.
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Network Community Counseling | • Nathaniel Wade, PhD (Director)  
• Kayla Chang, MS, Practicum Counselor – openings for individual only.  
• Elise Frickey, MS, Practicum Counselor - individual & group  
• Pauline Freud, MS | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Academic/work performance  
• Stress management  
• Career exploration  
• LBGTQIA identities/issues  
• Multi-cultural issues  
• Adjustment/Life transitions  
• Emotional Dysregulation  
• Men’s issues  
• Women’s issues | • No insurance accepted  
CBT  
Interpersonal  
ACT  
Group Therapy  
Emotion-focused  
Mindfulness | • Primarily looking for group clients Must be 18+  
• Call for availability for individual appts. |
<p>| | | | | |
| | | | | |</p>
<table>
<thead>
<tr>
<th>Next Counseling</th>
<th>Andrew Bradley, LMHC</th>
<th>Managing autism spectrum disorders</th>
<th>BCBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>809 Wheeler St., Ste 108 Ames, IA 50010</td>
<td>• Andrew Bradley, LMHC</td>
<td>• Anger</td>
<td>• 1-2 weeks</td>
</tr>
<tr>
<td>P: 515-996-6778 F: W: <a href="http://www.nextofiowa.com">www.nextofiowa.com</a></td>
<td>• Managing autism spectrum disorders</td>
<td>• Anxiety/depression</td>
<td>• Mondays every other week, 10AM -2PM</td>
</tr>
<tr>
<td>Located in the Northern Lights Center in North Ames.</td>
<td>• PTSD</td>
<td>• Addiction</td>
<td>Tues - 9AM - 8PM</td>
</tr>
<tr>
<td></td>
<td>• Guilt, shame and more</td>
<td>• Couples and Family Therapy</td>
<td>Wed - 9AM-5PM</td>
</tr>
<tr>
<td></td>
<td>• Couples and Family Therapy</td>
<td>• For adults and teens struggling with...</td>
<td>Thur - 9AM - 8PM</td>
</tr>
<tr>
<td></td>
<td>• For adults and teens struggling with...</td>
<td>• Control issues</td>
<td>Fri - 9AM - 5PM</td>
</tr>
<tr>
<td></td>
<td>• Recovery from betrayal and affairs</td>
<td>• Conflict Resolution</td>
<td>Saturdays every other week, 10AM - 2PM</td>
</tr>
<tr>
<td></td>
<td>• “Dead” Marriages and relationship s</td>
<td>• Recovery from betrayal and affairs</td>
<td></td>
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<td>Agency</td>
<td>Counselors/Therapists</td>
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<td>Insurance/Payment</td>
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<tr>
<td>6139 US Highway 69</td>
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<tr>
<td>Ames, IA 50105</td>
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<td></td>
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</tr>
<tr>
<td>628 Broad Street, Suite 2</td>
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<tr>
<td>Story City, IA 50248</td>
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<td></td>
<td></td>
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<tr>
<td>P: 515-577-6595</td>
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<td></td>
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<tr>
<td>F: none</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E: <a href="mailto:info@okerberg.com">info@okerberg.com</a></td>
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<tr>
<td>W: <a href="http://www.Okerberg-assoc.com">www.Okerberg-assoc.com</a></td>
<td></td>
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</tr>
<tr>
<td>Optimae Life Services</td>
<td>Ed Rund, LISW</td>
<td>▪ Depression                      ▪ Anxiety                      ▪ Eating Disorders                      ▪ Relationship Issues                      ▪ Self-esteem                      ▪ Grief work                      ▪ Academic/work performance                      ▪ Stress Management                      ▪ Couple/Family                      ▪ Medication management                      ▪ Substance abuse                      ▪ Career Exploration                      ▪ LBGTQA identities/issues                      ▪ Multi-cultural issues                      ▪ Trauma                      ▪ Complex/Developmental trauma                      ▪ Adjustment/life transitions                      ▪ Emotional dysregulation                      ▪ PTSD                      ▪ Autism spectrum                      ▪ Christian counseling                      ▪ Wellmark BCBS                      ▪ Alliance Select                      ▪ United Healthcare                      ▪ Health Partners                      ▪ Medicaid                      ▪ Medicare                      ▪ AETNA                      ▪ UBH                      ▪ Coventry                      ▪ Multiplan                      ▪ Midlands Choice                      ▪ New Direction, Railroad Medicare                      ▪ 5 weeks Sliding scale available                      ▪ M-W-TH from 8:00 am – 4:00 pm                      ▪</td>
<td></td>
</tr>
<tr>
<td>328 Main St., Ste 110</td>
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<td></td>
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<tr>
<td>Ames, IA 50010</td>
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<tr>
<td>P: 515-715-1884</td>
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<tr>
<td>F: 515-715-1886</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>E: <a href="mailto:abanks@optimaelifeservices.com">abanks@optimaelifeservices.com</a></td>
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<td>Agency</td>
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</tbody>
</table>
| River Valley Therapy Clinic                | Jeremy Stumbo, LMFT         | Depression
Anxiety
Relationships
Self-esteem
Grief work
Academic/work performance
Stress Management
Family issues
Adjustment/life transition | BCBS                            | 3-4 weeks
No current openings for counseling. |
| 414 S. 17th St., Suite 102B, Ames, IA 50010| Telemental health only at this time. |                                            |                   |                                            |
| P: 515-290-2259                            |                             |                                            |                   |                                            |
| F: none provided                           |                             |                                            |                   |                                            |
| E: rivervalleytherapyclinic@gmail.com      |                             |                                            |                   |                                            |
| W: www.rivervalleytherapyclinic.com        |                             |                                            |                   |                                            |
| Rooted Therapy                             | Ellyn Nitchals-Kellner, LMHC|                                            | BCBS              | Currently not accepting new clients |
| 511 Duff Ave., Ste 301, Ames, IA 50010      |                             |                                            | United Healthcare
Medica
UMR |                                            |
<p>| P: 515-815-6466                            |                             |                                            |                   |                                            |
| F: 515-619-6207                            |                             |                                            |                   |                                            |</p>
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/ Therapists</th>
<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Sarah Fleming Creativity & Healing Ames, IA | ● Sarah Fleming, LCSW, LISW  
  ● TELEHEALTH ONLY         | ● Art Therapy  
  ● Talk Therapy  
  ● EFT Tapping  
  ● CBT, DBT & Narrative therapy  
  ● Disordered Eating  
  ● Transitional issues  
  ● Anxiety  
  ● Depression  
  ● Women's issues  
  ● Highly sensitive people  
  ● Relationships  
  ● Stress Management  
  ● Career Exploration | ● Life Coaching  
  ● Faith-based Christian Counseling  
  ● Grief/Loss  
  ● Substance Abuse  
  ● Trauma  
  ● Relationship Concerns  
  ● Stress Management | ● Does NOT take insurance – private pay only. Will provide a super bill if clients have out-of-network insurance benefits.  
  ● Initial session $100  
  ● Sessions after initial $75 |
|                                    |                        |                                               |                                             |                                             |
| Sharing is Healing 2403 Lakeside Drive Ames, IA 50010 | Michelle Roling, LMHC, CEDS  
  ● Telemental Health only  
  ● Not accepting new clients at this time. | ● Eating disorders  
  ● Anxiety  
  ● OCD  
  ● Depression  
  ● Bipolar  
  ● Relationships  
  ● LBGTQIA  
  ● Grief  
  ● Trauma  
  ● Chronic/terminal illnesses | ● BCBS  
  ● Private pay – initial session $100 & subsequent sessions $75  
  ● Teletherapy:  
  BCBS does pay for this service  
  Noninsurance covered appts. Initial session $100 & subsequent sessions $75 | ● To make an appointment, go to www.michelleroling.com & look at appointment availability, register, request appointment & complete intake forms. |
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<tr>
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<th>Insurance/Payment</th>
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</thead>
</table>
| **Summer Brunscheen,**  
2515 University Blvd,  
Ste 102  
Ames, IA  50010  
P: 515-450-7532  
F: 515-864-0263  
E: drsummerb@gmail.com | • Summer Brunscheen, PhD,  
Licensed Psychologist  
  
  • Telemental Health only until Feb. 1st.  
Not willing to see abuse perpetrators, primary substance abuse, primary eating disorders, Narcissistic or Antisocial PD. No court-ordered work or custody evaluations. No letters for emotional support animals | • Depression  
• Anxiety  
• Relationships  
• Self-esteem  
• Grief work  
• Academic/work performance  
• Stress Management  
• Family issues  
• Career Exploration  
• Transgender identities/issues  
| • Wellmark BCBS  
• BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• AETNA  
• CIGNA  
| • Not accepting new clients at this time.  
Private Pay:  
$230 initial session  
$220 – 60 min  
$170 – 45 min  
$230/hr psych testing  
Phone calls may take 1-2 business days to return.  
Hours are  
M-W  9 to 4  
Thurs. not in office  
Fri  9 – 3 |
<table>
<thead>
<tr>
<th>Agency</th>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
</tr>
</thead>
</table>
| Susie Lang Counseling Services  
408 Douglas Ave., Suite C  
Ames, IA 50010  
P: 515-233-6110  
E: susielang10@gmail.com  
W: susielangcounselingservices.com | • Susie Lang, LMHC, Life Coach | • | BCBS  
I practice using a sliding scale which is discussed, adjusted and agreed upon in our first session. Although I do not take insurance, I trust that we can work towards an affordable fee that suits your requirements.  
INDIVIDUAL THERAPY  
Cash or check is required at the end of each session.  
PHOTOGRAPHIC GROUP WORK  
A specific and informed payment schedule is discussed prior to commencing these short-term experiences. | • Open for new clients |
| Blue Haven Counseling  
103 East 6th Street Suite 101  
Ames, Iowa 50010  
806 7th Street, Ste U2  
Boone, Iowa 50036  
P: 515-337-2872  
E: twirththerapy@hushmail.com  
F: 515-432-3426 | • Tami Wirth, LISW, RPT | ADHD  
Addiction  
Anxiety  
Behavioral Issues  
Coping Skills  
Depression  
Divorce  
Domestic Abuse  
Domestic Violence  
Family Conflict  
Obsessive-Compulsive (OCD)  
Oppositional Defiance  
Parenting  
Peer Relationships  
Relationship Issues  
School Issues  
Self Esteem  
Sexual Abuse  
AMERIGROUP  
AmeriHealth  
BlueCross and BlueShield  
Medicaid  
United Healthcare  
Out of Network | • Currently NOT accepting new clients. |
<table>
<thead>
<tr>
<th>Agency</th>
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<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment/Other Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Kai Lani Center</td>
<td>• Jocelyn Wilson, MA, MDiv, LCSW, LISW Also certified social work supervisor</td>
<td>• Depression</td>
<td>• Wellmark</td>
<td>Private pay: $125-$175 per session</td>
</tr>
<tr>
<td></td>
<td>• Francine Ybarra-Rojas, LMFT, Sex Offender Tx Provider, native Spanish-speaker,</td>
<td>• Anxiety</td>
<td>• BCBS</td>
<td>depending on service provided</td>
</tr>
<tr>
<td></td>
<td>trilingual in Spanish, English &amp; French (Office Mon, Tues &amp; Sat)</td>
<td>• Relationships</td>
<td>• Alliance Select</td>
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<td></td>
<td></td>
<td>• Self-esteem</td>
<td>• UHC</td>
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<tr>
<td></td>
<td></td>
<td>• Emotional dysregulation – Personality Disorders</td>
<td>• UBH</td>
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<td></td>
<td></td>
<td>• OCD</td>
<td>• AETNA</td>
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<td></td>
<td>• Bipolar disorder</td>
<td>• TriCare</td>
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<td>• ADHD assessments</td>
<td>• Health Partners</td>
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<td>• Autism spectrum</td>
<td>• CIGNA</td>
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<td>• Grief work</td>
<td>• Medicaid –</td>
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<td></td>
<td></td>
<td>• Academic/work performance</td>
<td>Francine only</td>
<td>Crisis care available same day</td>
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<td></td>
<td></td>
<td>• Stress Management</td>
<td>(Iowa Total Care)</td>
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<tr>
<td></td>
<td></td>
<td>• Couples/Family issues</td>
<td>• Medicare</td>
<td>In case of hospital d/c, will see client on weekends</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Substance abuse</td>
<td>• MH Net</td>
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<tr>
<td></td>
<td></td>
<td>• Trauma/PTSD</td>
<td>• UMR</td>
<td>Calls returned w/in 24 hrs</td>
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<td>• Life adjustments</td>
<td>• Preferred One</td>
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<td></td>
<td></td>
<td>• Cultural identity</td>
<td>Administrators</td>
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<td></td>
<td></td>
<td>• Adverse discrimination</td>
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<td>• Career exploration</td>
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<td></td>
<td>• Disordered eating</td>
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<td>• LBGTQIA issues</td>
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<td>• Transgender issues</td>
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<td></td>
<td>• Ehler’s Danlos Support/Education Group</td>
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<td>In-office &amp; Telehealth offered</td>
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<td></td>
<td>MBCBT</td>
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<td>CBT</td>
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<td>FAITH-BASED – SPIRITUALITY AND MEANING MAKING</td>
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<td>MIND-BODY WORK</td>
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<td>HOLISTIC WELLNESS</td>
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<td>NARRATIVE &amp; BIBLIOThERAPY</td>
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</tbody>
</table>

Private pay: $125-$175 per session depending on service provided

- Crisis care available same day
- In case of hospital d/c, will see client on weekends
- Calls returned w/in 24 hrs
- On the brown bus line
<table>
<thead>
<tr>
<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
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<tbody>
<tr>
<td>Thomas Looney</td>
<td>Thomas Looney, LMHC</td>
<td>Anxiety</td>
<td>BCBS</td>
<td>Openings available</td>
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<tr>
<td>5th Street Mental Health</td>
<td>• In-person &amp; Telemental Health</td>
<td>Depression</td>
<td>United Healthcare</td>
<td>In office immediate</td>
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<tr>
<td>Professionals</td>
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<td>Life transitions</td>
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<td>Telehealth 2-4 weeks</td>
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<tr>
<td>600 5th Street, Ste 200</td>
<td></td>
<td>Grief &amp; Loss</td>
<td></td>
<td></td>
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<tr>
<td>Ames, IA 50010</td>
<td></td>
<td>Relationships</td>
<td></td>
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<tr>
<td>P: 515-232-2051</td>
<td></td>
<td>Families</td>
<td></td>
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<tr>
<td>F: 515-232-2775</td>
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<tr>
<td>E: <a href="mailto:thomasloney@gmail.com">thomasloney@gmail.com</a></td>
<td></td>
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</tr>
<tr>
<td>W: <a href="http://www.5thstreetmhp.com">www.5thstreetmhp.com</a></td>
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<tr>
<td>Agency</td>
<td>Counselors/Therapists</td>
<td>Services</td>
<td>Insurance/Payment</td>
<td>Wait time for appointment / Other Comments</td>
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<td>---------------------------------------------------------------------</td>
</tr>
<tr>
<td>Vine Christian Counseling</td>
<td>• Monique Maldonado, MACP, LMHC, IADC</td>
<td>▪ Anxiety</td>
<td>▪ AETNA</td>
<td>There is a wait time for mental health.</td>
</tr>
<tr>
<td>1604 Wheeler Drive</td>
<td>• Kristin Boyd, tLMHC, CADC</td>
<td>▪ Depression</td>
<td>▪ Wellmark</td>
<td>Almost immediate appointments for substance abuse.</td>
</tr>
<tr>
<td>Ames, IA  50010</td>
<td>In-office</td>
<td>▪ Personality Disorders</td>
<td>▪ BCBS</td>
<td></td>
</tr>
<tr>
<td>P:  515-420-0520</td>
<td>Telehealth</td>
<td>▪ Life Adjustments</td>
<td>▪ Alliance</td>
<td></td>
</tr>
<tr>
<td>F:  515-232-1499</td>
<td>CBT</td>
<td>▪ Substance abuse assessments</td>
<td>▪ Select</td>
<td></td>
</tr>
<tr>
<td>E: <a href="mailto:vineccs@protonmail.com">vineccs@protonmail.com</a></td>
<td>EMDR</td>
<td>▪ Spiritual confusion</td>
<td>▪ United HealthCare</td>
<td></td>
</tr>
<tr>
<td>W:  <a href="http://www.vineccs.com">www.vineccs.com</a></td>
<td>Faith-based</td>
<td>▪ Emotion regulation</td>
<td>▪ UBH</td>
<td></td>
</tr>
<tr>
<td></td>
<td>IFS</td>
<td>▪ Life changes</td>
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<td>▪ Multi-Plan</td>
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<td>▪ Medicaid – Amerigroup &amp; Total Care</td>
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<td>Transtheoretical Model of Change</td>
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<td>Narrative Therapy</td>
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</table>
**YSS – Family Counseling & Clinic**
125 S 3rd St.
Ames, IA 50010
P: 515-233-2250
F: 515-233-3235
E: mvasquez@yss.org
W: [www.yss.org](http://www.yss.org)

105 S. Marshall St.,
Boone, IA 50036
P: 515-233-2250
F: 515-233-3235
W: [www.yss.org](http://www.yss.org)

- **Telemental Health only**
- **YSS may be reopening for face-to-face appointments in March or April.**

**Medication Providers:**
- Brian Vold, ARNP
- Brittany Sherwood, ARNP
- Maureen Richards, ARNP

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<tr>
<th>Depression</th>
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<td>LBGTQIA Identities/issues</td>
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<td>Relationships</td>
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<td>Diversity &amp; Inclusion</td>
<td>Running a substance abuse group which has openings.</td>
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<td>Bipolar Disorder</td>
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<td>PCIT Play therapy</td>
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- **Wellmark BCBS**
- **United Healthcare**
- **Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise)**
- **AETNA**
- **UBH**
- **Coventry**
- **CIGNA**
- **UMR**
- **Midlands Choice**
- **Health Alliance**
- **Private pay (no specifics given)**
- **Health Partners**
- **Tri-Care**
- **Private pay**
- **Sliding fee scale (substance abuse only)** Scale is based on income from Free to 100% the cost of therapy.
- **They also have grant funding available to provide services to clients who are uninsured as long as they live in Ames and Story Co.**

*Current openings for individual therapy.*
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<th>Agency</th>
<th>Counselors/Therapists</th>
<th>Services</th>
<th>Insurance/Payment</th>
<th>Wait time for appointment / Other Comments</th>
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<tr>
<td>Central Iowa Psychological Services 223 S. Walnut Ave. Ames, IA 50010  P: 515-233-1122 F: 515-6500</td>
<td>• Jody Kapustka, PMHNP-BC - Wednesdays  • Nick Stull, PMHNP – Ames full-time  • Judy Gonzales, PMHNP-BC DSM office only</td>
<td>• Medication evaluation • Medication management</td>
<td>• Blue Cross Blue Shield</td>
<td>Jody: Only sees patients on Wednesdays late afternoon to evening  Judy: Sees patients West Des Moines office Monday - Thursday</td>
</tr>
<tr>
<td>Community &amp; Family Resources (CFR) 1619 South High Ave. Ames, IA 50010  P: 515-232-5811 F: 515-232-3780</td>
<td>• Jack Dodd, MD  • Christel Rinehart, ARNP</td>
<td>• Medication evaluation • Medication management</td>
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<tr>
<td>Ames Mental Health &amp; Wellness Center 1531 Airport Road, Suite 102, Ames, IA 50010  P: 515-620-5352 F: 877-375-1824 E: <a href="mailto:amhwc.mak@gmail.com">amhwc.mak@gmail.com</a></td>
<td>• Maureen Patterson, PAC</td>
<td>• Medication evaluation • Medication management</td>
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<td>Hours:  Monday – Thursday 8 am – 5:00 pm  Friday – 8:00 am to Noon</td>
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| Eyerly Ball Mental Health Community Center | Steven Stokes, ARNP (telemedicine) | • Medication evaluation  
• Medication management | • Wellmark BCBS  
• Alliance Select  
• United Healthcare  
• Medicaid  
• Medicare  
• Tri-Care  
• Coventry  
• Midlands Choice  
• Sliding scale (county funding)  
• Private pay | |
| Gabrielle Barloon, MD Fifth Street Mental Health Professionals | Gabrielle Barloon, MD | • Medication Evaluation  
• Medication Management | • Wellmark BCBS  
• Alliance Select  
• United Healthcare | 1-2 weeks |
| Optimae Life Services | Jayson Gesulga, PA-C, MMS | • Medication evaluation  
• Medication management | **Varies**  
• In Ames office Tuesdays from 9:00 – 4:30  
**Currently 2 weeks for psychiatric evaluation** | |
| Primary Health Care | | • Medication evaluation  
• Medication management | **Must be a medical patient to obtain psychiatric services** | |
<table>
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<tr>
<th>Agency</th>
<th>Counselors/ Therapists</th>
<th>Services</th>
<th>Insurance/ Payment</th>
<th>Wait time for appointment / Other Comments</th>
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<tr>
<td>Clear Brook Counseling</td>
<td>•</td>
<td>▪ Medication Evaluation</td>
<td>▪ Wellmark BCBS</td>
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<tr>
<td>614 Billy Sunday Road, Ste 100</td>
<td>•</td>
<td>▪ Medication Management</td>
<td>▪ AETNA</td>
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<td>Ames, IA 50010</td>
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<td>▪ Medicaid - Amerigroup</td>
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<td>P: 515-337-1764</td>
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<td>F: 515-337-0480</td>
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<td><a href="http://www.clearbrookcounselingprofessionals.com">www.clearbrookcounselingprofessionals.com</a></td>
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<tr>
<td>Thielens Student Health Center (TSHC)</td>
<td>• Carver Nebbe, MD</td>
<td>▪ Medication Evaluation</td>
<td>▪ If you are seeing one of the primary care doctors, you</td>
<td>Call to make an appointment.</td>
</tr>
<tr>
<td>2647 Union Drive</td>
<td>• Ranae Roberts, ARNP</td>
<td>▪ Medication Management</td>
<td>are covered as a student at TSHC.</td>
<td>Note: Fax #’s vary by provider so call</td>
</tr>
<tr>
<td>Iowa State Univ.</td>
<td>• Sarah Dowd, PA-C</td>
<td></td>
<td>If you are seeking services from a psychiatric provider, you will use your personal health insurance. Call and verify TSHC is covered under your insurance.</td>
<td>&amp; check where to fax information</td>
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<tr>
<td>Ames, IA 50011-2029</td>
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<td>▪ Sliding scale: If you do not have health insurance, you will be provided a form to submit for assistance. You will be required to submit both your income and your parent’s income. Speak with TSHC about this process.</td>
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<td>P: 515-294-5801</td>
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<td>F: 515-294-5457</td>
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<td>Mary Greeley Medical Center Behavioral Health Outpatient Clinic</td>
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<td>1111 Duff Ave.</td>
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<td>Ames, IA 50010</td>
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<td>P: 515-239-6888</td>
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<tr>
<td>YSS</td>
<td>• Brian Vold, ARNP&lt;br&gt;• Rebecca Nunn-Ryan, ARNP&lt;br&gt;• Sasha Khosravi, MD&lt;br&gt;• Lucas Trautman, MD&lt;br&gt;• Maureen Richards, ARNP&lt;br&gt;• Brittany Sherwood, ARNP</td>
<td>▪ Medication Evaluation&lt;br&gt;▪ Medication Management</td>
<td>▪ Wellmark BCBS&lt;br&gt;▪ United Healthcare&lt;br&gt;▪ Medicaid (Amerigroup; Iowa Total Care; Iowa Medicaid Enterprise)&lt;br&gt;▪ AETNA&lt;br&gt;▪ UBH&lt;br&gt;▪ Coventry&lt;br&gt;▪ CIGNA&lt;br&gt;▪ UMR&lt;br&gt;▪ Midlands Choice&lt;br&gt;▪ Health Alliance&lt;br&gt;▪ Private pay (no specifics given)&lt;br&gt;▪ Health Partners&lt;br&gt;▪ Tri-Care&lt;br&gt;▪ Sliding fee scale (substance abuse only)&lt;br&gt;▪ Private pay</td>
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**NEURO-PSYCHOLOGY SERVICES**
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<tr>
<td><strong>Campbell Neuropsychological Services</strong></td>
<td>Derek Campbell, PhD</td>
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<tr>
<td>6200 Aurora Ave.</td>
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<td>Ste. 202</td>
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<td>Urbandale, IA 50322</td>
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<td>F: 515-252-2523</td>
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<tr>
<td><strong>Evans Neuropsychology</strong></td>
<td>Catherine Evans, PhD</td>
<td>Individual Psychotherapy</td>
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<tr>
<td>1001 Office Park Rd</td>
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<td>Counseling</td>
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<td>Ste 301</td>
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<td>West Des Moines, IA 50265</td>
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<td>Testing</td>
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<td>P: 515-985-8209</td>
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<td>Neuro-psychological Evaluation</td>
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<td>F: 515-805-2981</td>
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<td>Cognitive Rehabilitation</td>
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<td><strong>Mercy Ruan Neurology</strong></td>
<td>Steven R. Adelman, D.O.</td>
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<tr>
<td>111 6th Ave.</td>
<td>Paul V. Babikian, M.D.</td>
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<td>CIGNA</td>
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<td>Des Moines, IA 50314</td>
<td>David L. Friedgood, D.O.</td>
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<td>Randall H. Hamilton, M.D.</td>
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<td>Bruce L. Hughes, M.D.</td>
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<td>Michael Jacoby, M.D.</td>
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<td>Mark S. Puricelli, D.O.</td>
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<td>Heike I Schmolck, M.D.</td>
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<td>Keith M. Kohout, D.O., M.S.</td>
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<td>Anne Lewis, ARNP</td>
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<td>P: 515-289-9600 or 1-800-728-0645</td>
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<td>Ames Counseling &amp; Psychological Services</td>
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<td>3600 Lincoln Way, Suite 4</td>
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<td>P: 515-239-4410</td>
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<td>Fax: 515-663-4885</td>
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